

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June cont'd 30</p> <p>1:1 Activities Baskets Available 9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 1:00 Ukulele Sing along with Bob 2:00 Come Join us for a Movie & Popcorn 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous Activities w/ "Activities Baskets"</p>		<p>Maritza Aguirre Life Enrichment Director @ The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 647-6392 <i>Maritza.aguirre@lanterncrestsantee.com</i></p>	<p>Resident Birthdays Martha C. 6/13 Betty S. 6/13 David S. 6/28</p>	<p>All Activities are subject change without notice. Please check dailies for all updates.</p>	<p>Happy Father's Day!</p>	<p>1:1 Activities Baskets Available 1 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 I spy Guessing Game "Courtyard" 12:30 Bowling 1:30 Sing -A-Long w/ Myron 2:30 Movie & Popcorn 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 2 9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 1:00 Ukulele Sing along with Bob 2:00 Come Join us for a Movie & Popcorn 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous Activities w/ "Activities Baskets"</p>	<p>1:1 Activities Baskets Available 3 9:45 Daily Chronicle 10:00 Exercise Class 11:00 Reminiscing @ the "Courtyard" 1:30 Art Room "Miscellanies Crafts" 2:00 Finish the Sentence "Mind Game" 3:00 Bingo For Prices 4:00 Stretch & Relax w/ Ocean Breeze Sounds [G2] 6:00 Movie of your Choice</p>	<p>1:1 Activities Baskets Available 4 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:00 Conversational Question Game "Courtyard" 1:30 Prep Art Room for Art Class 2:00 Father's Day Wreaths Making 3:30 Bird House Decor 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 5 9:30 Exercise Class 10:30 Hydration Station & Snacks 11:00 Lunch Outing Casa De Pico 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 6:00 Movie of your Choice</p>	<p>11:30-1:30pm Action Station w/ Chef Mario 6 1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 1:30 Inspirational Music with Steve and Diane 2:30 Crafts Class 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/ Sylvia & Salvador 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 7 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 11:00 Courtyard Reminiscing "Family Talk" 1:00 Nail Care 2:00 Bingo Extravaganza 3:00 Miscellaneous Crafts 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 8 9:45 Daily Chronicle 10:00 Shadow Mountain Church 11:00 Father's Day Car Show @ the Pointe 12:30 Bowling 2:30 Movie & Popcorn 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 9 9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 1:00 Ukulele Sing along with Bob 2:00 Come Join us for a Movie & Popcorn 3:00 Evening Prayer w/ Bill Bixby 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous Activities w/ "Activities Baskets"</p>	<p>1:1 Activities Baskets Available 10 9:45 Daily Chronicle 10:00 Exercise Class 11:00 Reminiscing @ the "Courtyard" 1:30 Art Room "Miscellanies Crafts" 2:00 Finish the Sentence "Mind Game" 3:00 Bingo For Prices 4:00 Stretch & Relax w/ Ocean Breeze Sounds [G2] 6:00 Movie of your Choice</p>	<p>1:1 Activities Baskets Available 11 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:00 Conversational Question Game "Courtyard" 1:30 Prep Art Room for Art Class 2:00 Father's Day Wreaths Making 3:30 Bird House Decor 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 12 9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 11:00 Lunch Outing "Mimi's Cafe" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 6:00 Movie of your Choice</p>	<p>11:30-1:30pm Action Station w/ Chef Mario 13 1:1 Activities Baskets Available Happy Birthday Martha c./ Betty S. 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 1:30 Ice Cream Cone Social 2:30 Crafts Class 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Blue Zone 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 14 Flag Day 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 11:00 Courtyard Reminiscing "Family Talk" 1:00 Nail Care 2:00 Bingo Extravaganza 3:00 Miscellaneous Crafts 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 15 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 I spy Guessing Game "Courtyard" 12:30 Bowling 1:30 Sing -A-Long w/ Myron 2:30 Movie & Popcorn 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 16 Happy Father's Day 9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 12:00 Happy Father's Day w/ Scott Parloh 1:00 Ukulele Sing along with Bob 2:00 Come Join us for a Movie & Popcorn 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous Activities w/ "Activities Baskets"</p>	<p>1:1 Activities Baskets Available 17 9:45 Daily Chronicle 10:00 Exercise Class 11:00 Reminiscing @ the "Courtyard" 1:30 Art Room "Miscellanies Crafts" 2:00 Finish the Sentence "Mind Game" 3:00 Bingo For Prices 4:00 Stretch & Relax w/ Ocean Breeze Sounds [G2] 6:00 Movie of your Choice</p>	<p>1:1 Activities Baskets Available 18 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:00 Conversational Question Game "Courtyard" 1:30 Prep Art Room for Art Class 2:00 Father's Day Wreaths Making 3:30 Bird House Decor 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 19 9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 11:00 Lunch Outing Olive Garden 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 6:00 Movie of your Choice</p>	<p>11:30-1:30pm Action Station w/ Chef Mario 20 1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 1:30 Inspirational Music with Steve and Diane 2:30 Crafts Class 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Broken Strings 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 21 All Staff Meeting @ 2pm 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 11:00 Courtyard Reminiscing "Family Talk" 1:00 Nail Care 3:15 Bingo Extravaganza 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 22 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 I spy Guessing Game "Courtyard" 12:30 Bowling 2:30 Movie & Popcorn 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 23 9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 1:00 Ukulele Sing along with Bob 2:00 Come Join us for a Movie & Popcorn 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous Activities w/ "Activities Baskets"</p>	<p>1:1 Activities Baskets Available 24 9:45 Daily Chronicle 10:00 Exercise Class 11:00 Reminiscing @ the "Courtyard" 1:30 Art Room "Miscellanies Crafts" 2:00 Finish the Sentence "Mind Game" 3:00 Bingo For Prices 4:00 Stretch & Relax w/ Ocean Breeze Sounds [G2] 6:00 Movie of your Choice</p>	<p>1:1 Activities Baskets Available 25 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:00 Conversational Question Game "Courtyard" 1:30 Prep Art Room for Art Class 2:00 Father's Day Wreaths Making 3:30 Bird House Decor 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 26 9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 11:00 Lunch Outing "Bollweevil's" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 6:00 Movie of your Choice</p>	<p>11:30-1:30pm Action Station w/ Chef Mario 27 1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 1:30 Ice Cream Cone Social 2:30 Crafts Class 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Cowboy Jack 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 28 Happy Birthday David S. 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 11:00 Courtyard Reminiscing "Family Talk" 1:00 Nail Care 2:00 Bingo Extravaganza 3:00 Miscellaneous Crafts 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 29 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 I spy Guessing Game "Courtyard" 12:30 Bowling 2:30 Movie & Popcorn 6:00 Range Of Motion</p>